

Food Related Celebrations in School

The feast days, holidays, and other celebrations noted below are pre-approved by the principal for classes at the discretion of the teacher. It is recommended that treats and foods provided for the whole class or school be commercially prepared, prepackaged, unopened and, when possible, individually wrapped. Home baked foods must be prepared being mindful of avoiding nut ingredients and preparation with equipment that has contact with nuts. The range of foods must be simple (limited number of items) and foods that are provided must be healthy and safe for students with life threatening food allergies. A list of nut safe foods is provided on Table 1 below. Some sugar free food options should be offered to classes with students who have diabetes.

- *Race for Education ...School-wide treat*
- *8th Grade Pumpkin Carving...drink and one treat [The school does not celebrate Halloween]*
- *Thanksgiving for Kindergarten*
- *HSPT Pizza Lunch for 8th grade*
- *St. Andrew's Feast Day...School-wide Juice and one treat*
- *Feast of St. Nicholas...teachers provide nut safe candy treats* that are placed in shoes of all students' by office staff in the afternoon*
- *Christmas...drink and one treat only for snack in homeroom*
- *No Super Bowl Parties*
- *Catholic Schools Week Parent Lunch with Students*
- *Fat Tuesday/Mardi Gras Parade SGA Option for Middle School*
- *St. Joseph's Table...School-wide partaking of furnished buffet*
- *St. Valentines... all enjoy drink and cookies only for snack in classroom; card exchange in K-5; MS makes cards as service activity; any candy treats that are part of the Valentines must be nut safe* and all candy treats are to be consumed at home*
- *Grandparents' Day Luncheon*
- *International Day in Fifth Grade*
- *Colonial Day in Fourth Grade*
- *Fiesta Day for Second Grade*
- *Lunch with the Principal and Pastor*
- *Second grade reception after First Holy Communion*
- *Third Grade Picnic*
- *Eighth Grade brunch after graduation*
- *Field Day*
- *Clubs, including MathCounts, Science Club, Odyssey of the Mind, Battle of the Books, Children's Choir, ... parent provided approved snack and drink*
- *Band Concerts and End of Year Party*
- *Book Fair Family Night Ice Cream Social*
- *End of Year Parties...School-wide Ice Cream Social provided with fruit and other nut safe toppings in the cafeteria after lunch service concludes, with K-1-2 going first*

Meals Outside of Regular Lunch

If a meal is scheduled for the class outside of regular lunch, it must be pre-approved by the principal, and the lunchroom supervisor must be informed at least a month in advance so that hot lunch orders can be adjusted by parents. In addition, any orders for a class pizza must be placed and distributed by the teacher or designated parent. These orders must be received by the school office, not the lunchroom. If classroom members have life threatening allergies, a safe food alternative must be provided. Teachers will inform the lunchroom supervisor two days in advance that the students are dining in the classroom.

Crafts

Homeroom parents assist the teacher in planning classroom crafts for pre-approved school celebrations such as Christmas. When these activities involve foods as the craft activity materials, the homeroom parents will obtain the necessary items to ensure that the foods are nut/allergy safe*. See the Life Threatening Food Allergy Policy (*Parent Student Handbook*, p. 62) and Table 1 below for further information.

Table 1. Nut Safe Foods and Treats

Food Types	<p><i>Ingredients:</i> Eight foods account for 90% of all food allergic reactions. The FDA requires all food ingredients to be labeled. Always read the ingredient list before purchasing the item, as products change. Foods provided to the whole class or school must be free of nut/peanut containing foods or a safe alternative food must be provided and labeled for students with severe food allergies. To learn how to read a food ingredient label for allergen containing foods, go to http://www.foodallergy.org/section/common-food-allergens1. Below find foods that are generally free of nuts, sesame and coconut ingredients.</p> <p><i>Amounts:</i> A healthy snack serving is 15 to 30 carbohydrates for children ages 5 to 11, and 15 carbohydrates for preschoolers.</p>
Treats	Nabisco Oreo Cookies, Mini Oreo Cookies, or Nabisco 100 cal Oreo Thin Crisps, Rice Krispie Treat bars, Cheez-it crackers, Pretzels by Rold Gold, Utz or Mister Salty
Ices	Vanilla ice-cream cups from Giant or Wegman's, Chocolate ice cream cups from Wegman's, Safeway ICEE frozen pops, Italian ices
Breads and Grains	<p>Cheez-it crackers, Ritz crackers, Teddy Grahams, Barnum's animal crackers, Ritz crackers 'n cheese dip, Mister Salty pretzels 'n cheese dip, Rold Gold or Utz pretzels, Gold fish crackers, dry Chex cereals, Wheat Thin crackers, mini rice cakes, sliced bread, mini bagels, Wegman's microwave popcorn (not Trail's End Brand), Sun Chips</p> <p>For special school celebrations, be mindful that bakery goods from Giant, Costco, BJ's, Safeway and Wegman's contain/are processed with equipment that may contain nuts and are not safe for students with nut allergies. In such cases, alternate desserts must be provided and clearly</p>

	labeled for students with nut allergies. Most Pillsbury cake mixes and frosting are nut safe, but read the ingredients label to be sure.
Fruits	Craisins, raisins, dried fruit slices (Crisps), fruit cups (in plastic container), apple slices, tangerine sections, strawberry halves, bananas, pineapple, kiwi, peach, mango, nectarine, or melon, berries, fruit juice
Vegetables	Veggie “matchsticks” (thin sticks) made from carrots or zucchini, bell pepper rings, cherry tomatoes, steamed broccoli, green beans, sugar peas, avocados, vegetable juice
Dairy	Yogos, low-fat cheese slices or string cheese sticks, mini yogurt cups, fat-free or low-fat milk, low-fat cottage cheese, Jello instant pudding (chocolate or vanilla), yogurt, milk
Proteins	Egg slices or wedges, bean dip, hummus, slices of lean turkey or chicken, shelled pumpkin seeds
***Nut Safe Candy [For pre-approved celebrations]	See SnackSafely.com for a current list of nut safe snacks and treats.

Information Resources:

Bay Area Allergy Advisory Board, <http://www.allergysf.com/safety/candy/nuts/>
 Food Allergy and Anaphylaxis Network, <http://www.foodallergy.org/section/common-food-allergens1>
 Snack Safely, snacksafely.com
 The Nut-Free Mom, <http://nut-freemom.blogspot.com/2010/12/peanut-free-tree-nut-free-holiday.html>